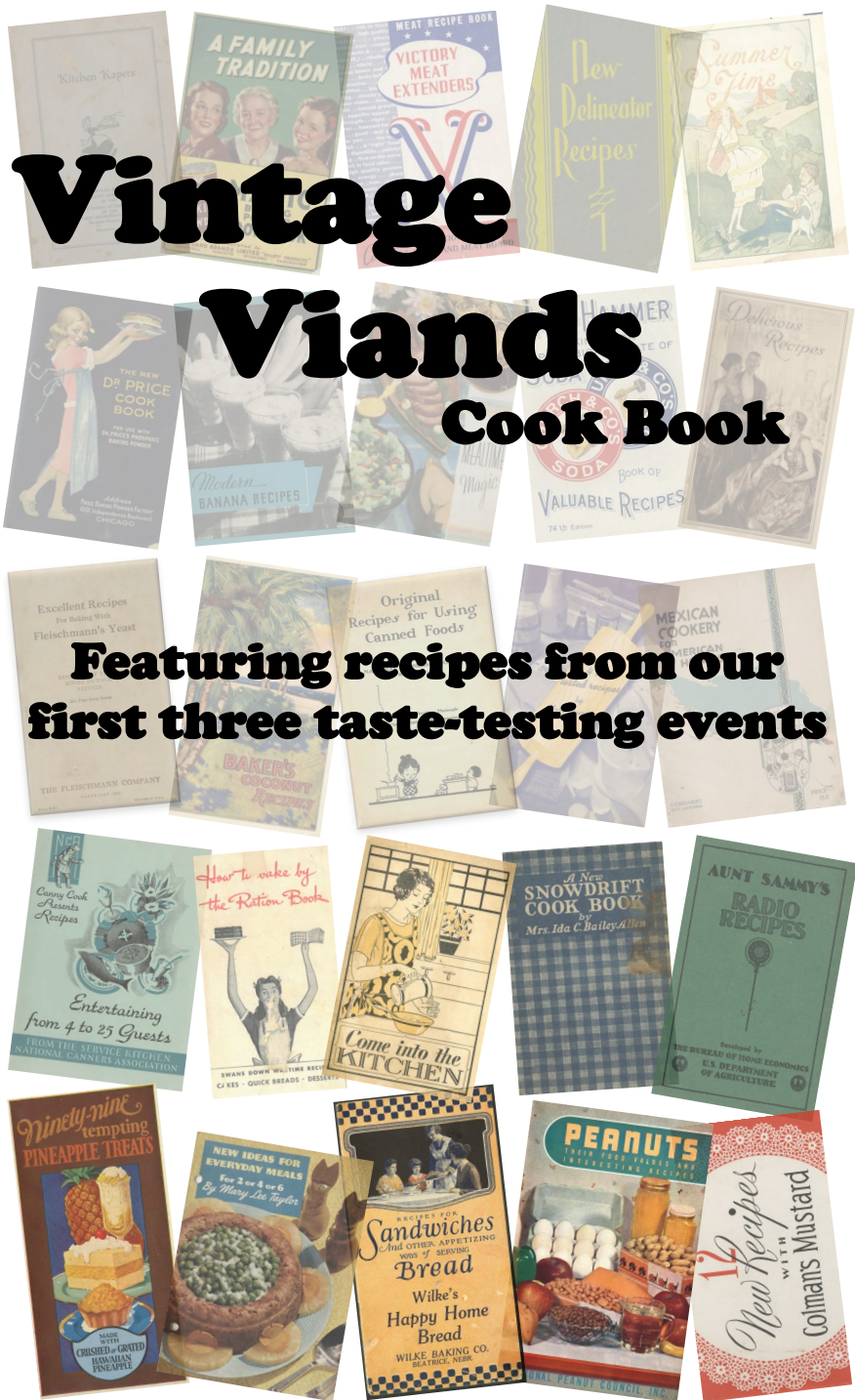


Vintage Viands Cook Book

**Featuring recipes from our
first three taste-testing events**



Vintage Viands and the Home Economics Pamphlets Collection

Compiled by Erica Rau and Callie Coward



Greensboro, NC

Jackson Library

2017

Recipes in the booklet are
believed to be in the public
domain.

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their time and effort to help make all of these
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Our story

Cooking reminds me so much of my grandmother. The kitchen was honestly her happy place, at least from a child's point of view. She could whip up some miracles in the kitchen and made a point to make sure we were well fed every time we went to visit her. Food was her love language. When home economics pamphlets started coming across my desk to catalog, I was instantly hooked. Seeing these pamphlets filled with timeless recipes transported me back in time to my grandmother standing by the stove, stirring the latest recipe (tweaked slightly, of course!) that she got from a pamphlet similar to these crossing my desk. The nostalgia was overwhelming and I wondered how many people would experience the same thing if they saw them.

Working in digital projects as well, I knew there would be a call for projects coming up and that this would be a perfect collection to digitize. So, in 2012, after making sure Special Collections was in favor of the idea, I proposed digitizing some of the pamphlets that were in the public domain and thus could be legally digitized and put online. These included pamphlets put out before 1923, government document publications, and other pamphlets that did not follow copyright guidelines.

The physical collection was formed in 1997. Carolyn Shankle, our teammate and Special Collections Specialist for the library, pulled appropriate materials from existing collections to make what is now known as the Home Economics Pamphlets Collection. What began as a small collection grew exponentially in 2003 when Paul Hessling, the Special Collections Cataloger for the library, donated over 4,200 pamphlets to the collection. This donation helped to make UNCG's collection rival other university collections of home economics pamphlets, such as those at the University of Iowa, the University of Michigan, and Texas Woman's University. The donated pamphlets ranged from the late 1890s to present times. In 2008, thousands of government documents were also selected to be transferred to the collection, which expanded it even more.

Once digitization for the project began, Erica Rau, our teammate and Digitization and Metadata Technician for the library who was helping with the digitization of the pamphlets, came up with an awesome idea for how to promote the collection, which she will tell you about below. Working together, we created "Vintage Viands" to make Erica's idea come alive. It has been an amazing experience ever since. Later on, Carolyn Shankle joined our team to promote this wonderful collection that the library holds. We now not only promote the digital collection with Vintage Viands, but also the physical collection (along with countless pamphlets that cannot be digitized due to copyright) with this partnership.

This cookbook features recipes that were prepared for Vintage Viands events as well as photographs from the events. We hope you enjoy this cookbook and remember Vintage Viands and UNCG's Home Economic Pamphlet Collection in the years to come.

-Callie Coward

As long as I can remember I've always loved to cook. My father was such an inspiration, crafting home cooked meals for our family every night. And it wasn't just your usual meatloaf and mashed potatoes. One night it might be spinach quiche or make your own pizzas. Some mornings he'd make Eggs Benedict with poached eggs and scratch-made hollandaise sauce. He would grow Brussel Sprouts in our garden and sauté them in garlic and butter (a lot of butter!), leading to my lifelong obsession with "baby cabbages." He instilled in me a love for the kitchen and cooking that I will carry with me forever.

In the Fall of 2011, shortly after I joined the Digital Projects team, I began assisting with the digitization of the home economic pamphlets. I was immediately hooked. I would spend time flipping through each pamphlet, learning about the cooking techniques of yesteryear and thinking about recipes I wanted to try. Eventually, I did, making chocolate pudding and apple pie, just to name a few.

In the process of digitizing the home economic pamphlets, I started to wonder how the library could publicize this awesome, and enormous, collection to not only the UNCG community, but the general public as well. Teaming up with Special Collections Cataloger and Digital Projects Technician Callie Coward, we landed on the idea of an interactive exhibit featuring recipes from the Home Economic and Household Collection. And thus, Vintage Viands was born.

The "test run" of Vintage Viands took place in February 2015, and was a smashing success, with twenty-five coworkers volunteering to prepare dishes, and a pretty good turnout of students. The second event was quickly scheduled for September 2015 and, with input from students, was assigned the theme of "The 1940s." As such, participants were required to choose a recipe only from pamphlets published during the 1940s. Vintage Viands proved much larger this time around, and even received a visit from Greensboro News & Record reporter John Newsom, who wrote a great review of the event. Our latest Vintage Viands was held in September 2016, with the theme of "The 1920s." The popularity of the event was evident, as this was the largest crowd we've had to date.

The fourth Vintage Viands is scheduled for September 2017, and to celebrate local and regional cook book authors we have chosen "North Carolina" as our theme, so maybe we'll see some Eastern (or Western) style BBQ, or dishes prepared with locally produced Neese's Sausage.

- Erica Rau



Erica Rau and Callie Coward at the first event, February 13, 2015.

Erica Rau, Callie Coward, and Carolyn Shankle at the second event, September 25, 2015. The theme was the 1940s.



Callie Coward, Erica Rau, and Carolyn Shankle at the third event, September 23, 2016. The theme was the 1920s.

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Coconut Corn Muffins, page 15 (Photo credit: Paula Damasceno De Oliveira)

Appetizers, Breads, and Beverages



Wartime Drop Biscuits, page 13



Parker House Rolls, page 14



Blueberry Bran Muffins, page 15

Ham Pinwheels

1 cup sifted flour
1 1/2 teaspoons baking powder
1/4 teaspoon salt
2 tablespoons shortening
1/3-1/2 cup milk
1/2 cup ground, cooked ham
1 tablespoon French's Prepared Mustard

1 cup medium white sauce
1/2 cup diced cooked or canned green beans
1/2 cup cooked or canned whole kernel corn
French's Paprika

Mix and sift dry ingredients. Cut in shortening with 2 knives or pastry blender. Add enough milk to make a soft dough. Roll out in oblong 1/4-inch thick on lightly floured board. Combine ham and mustard; spread on dough. Roll up, jelly-roll fashion, cut in 1-inch slices. Place on greased baking sheet. Bake in hot oven (425° F.) 15-20 minutes. Combine white sauce, beans and corn; heat. Serve on pinwheels; sprinkle with paprika. Serves 4.

Meal Time Magic, page 5

* Patrick Dollar (September 2015)

SHRIMP WIGGLE

One No. 2 size can shrimps, 1 cup milk, 2 tablespoons flour, 2 tablespoons margarine, half No. 2 size can peas, 1 cup liquor from peas, seasoning.

Make a white sauce of the flour, margarine, milk and liquor from the peas, season to taste, then add the shrimps and simmer ten minutes. Now stir in the peas and cook gently for a few moments. Serve on toast or crackers. This is excellent for the chafing dish.

Original Recipes for Using Canned Food, page 11

*Jennifer Motszko (September 2016)

MINCE MEAT BISCUITS

Roll rich biscuit dough (using 4 tablespoons fat) thin. Cut in rounds. Place a teaspoon of Jewel Mince Meat on half of the rounds, pressing another round on top of each, pinching the edges together. Bake in hot oven (425° F.) 20 minutes.

476 Tested Recipes, page 8

* Marilyn Hanichak (February 2015)

ENGLISH BATH BUNS

2 cakes Fleischmann's Yeast	4 eggs
$\frac{1}{2}$ cup milk, scalded and cooled	4 cups sifted flour
1 tablespoonful sugar	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{2}$ cup butter, melted	5 tablespoonfuls sugar
	1 cup almonds, chopped

Dissolve yeast and one tablespoonful sugar in lukewarm milk. Add butter, eggs, unbeaten, flour gradually and the salt, beating thoroughly. This mixture should be thick, but not stiff enough to handle. Cover and let rise in warm place one and one-half hours, or until light.

Sprinkle balance of sugar and almonds over top, mix very lightly and drop into well-greased muffin pans. Cover and let rise until light, which should be in about one-half hour.

Bake fifteen to twenty minutes in a moderately hot oven. These buns should be rough in appearance.

37 Delightful Breads, and Some Cakes , page 28

*Erica Rau (September 2016)

SCOTCH SCONES

2 cups flour	2 tablespns. golden corn
2 tablespns.	syrup
Magic Baking Powder	Milk to make soft dough
$\frac{1}{4}$ teaspn. salt	(about $\frac{1}{2}$ cup)
2 tablespns. butter	

Sift together flour, baking powder and salt, cut in the butter, add syrup and milk to make soft dough. Drop from a spoon in a Scotch girdle. Place on top of stove, and cook on each side.

A Family Tradition, page 2

* Tim Bucknall (September 2015)

WARTIME DROP BISCUITS

2 cups sifted Swans Down Cake Flour	$\frac{3}{4}$ cup milk
$2\frac{1}{2}$ teaspoons Calumet Baking Powder	1 tablespoon melted
$\frac{3}{4}$ teaspoon salt	shortening or oil

Sift flour once, measure, add baking powder and salt, and sift again. Add milk and melted shortening. Then stir quickly and lightly until all flour is dampened. Drop from tip of teaspoon in small mounds on lightly greased baking sheet. Bake in hot oven (450° F.) 15 minutes, or until done. Makes about 18 biscuits.

How to Bake by the Ration Book, page 12

*Erica Rau (September 2015)

RUSKS

2 $\frac{1}{4}$ cups flour
 $\frac{1}{2}$ teaspoon salt
 2 tablespoons maple or brown sugar
 4 teaspoons Dr. Price's Baking Powder
 $\frac{1}{4}$ teaspoon nutmeg

$\frac{3}{4}$ teaspoon cinnamon
 2 tablespoons shortening
 $\frac{1}{2}$ to $\frac{3}{4}$ cup water
 1 egg

Sift together flour, salt, sugar, baking powder, and spice; add melted shortening to beaten egg and water to make soft dough and mix well. Turn out on floured board; with floured hands shape into small rolls; place on greased shallow pan close together; allow to stand 10 to 15 minutes before baking; brush with milk and sprinkle with a little maple or brown sugar. Bake in moderate oven 20 to 30 minutes.

For hot cross buns, with sharp knife make deep cross cuts; brush with butter, sprinkle with sugar and bake.

New Dr. Price Cook Book, page 4

*Tim Bucknall (February 2015)

Parker House Rolls

THESE delightful little "individual Breads" are among the most popular of rolls. The name denotes the shape into which you mould them before the last lightening.

Dissolve yeast and sugar in lukewarm milk, add lard or butter and one and one-half pints of flour. Beat until perfectly smooth. Cover and let rise in a warm place one hour, or until light.

Then add remainder of flour, or enough to make a dough, and the salt. Knead well, or "throw and roll" as shown on page 16. Place in greased bowl. Cover and let rise in a warm place for about one and one-half hours, or until double in bulk.

Roll out one-fourth inch thick. Brush over lightly with melted butter, cut with two-inch biscuit cutter, crease through center heavily with dull edge of knife, and fold over in pocket-book shape.

Place in well-greased, shallow pans one inch apart. Cover and let rise until light—about three-quarters of an hour. Bake ten minutes in hot oven.

1 cake
**FLEISCHMANN'S
 YEAST**
 1 pint milk, scalded
 and cooled
 2 tablespoonfuls sugar
 4 tablespoonfuls lard or
 butter, melted
 3 pints sifted flour
 1 teaspoonful salt



*The crowning touch to a
 good dinner.*

Excellent Recipes for Baking with Fleischmann's Yeast , page 19

*Erica Rau (February 2015 event)

CORN MUFFINS



- 1 cup corn meal
- 1 cup white flour
- 3 tbsp. sugar
- 3 tsp. baking powder
- $\frac{1}{2}$ tsp. salt
- $1\frac{1}{2}$ cups milk
- 2 tbsp. melted butter
- 1 egg

Mix dry ingredients. Add milk, egg and butter. Stir well. Bake in muffin pans in a hot oven about 20 minutes.

Come Into the Kitchen , page 10

* Mary Jane Conger (February 2015)

Coconut Corn Muffins

(Saves shortening and eggs)

- | | |
|------------------------------------------------|-----------------------------|
| $\frac{1}{2}$ can Baker's Fresh Grated Coconut | 1 tablespoon sugar |
| $\frac{3}{4}$ cup coconut milk | $\frac{1}{2}$ teaspoon salt |
| $\frac{3}{4}$ cup corn meal | 2 tablespoons melted fat |
| $\frac{3}{4}$ cup flour | 1 egg |
| 3 teaspoons baking powder | |

Press milk from coconut, as shown. Mix the dry ingredients. Add the coconut milk, egg, shortening, and lastly fold in the fresh grated coconut. Beat well and bake in well greased shallow pan about 20 minutes, or in muffin pans 12 to 15 minutes.

Baker's Coconut Recipes, page 13

* Tim Bucknall (September 2016)

BLUEBERRY BRAN MUFFINS

- | | |
|------------------------------------|-----------------------|
| 1 cup bran | 1 egg |
| $1\frac{1}{2}$ cups flour | 1 cup buttermilk |
| $\frac{1}{2}$ tsp. salt | (or sour milk) |
| 1 tsp. soda | 3 tbsp. fat, melted |
| 1 tsp. baking powder | 1 cup drained berries |
| $\frac{1}{2}$ cup granulated sugar | |

Mix ingredients, except berries. Mix lightly, fold in the berries and fill greased muffin pans. Bake 20 minutes in a moderate oven.

—Miss Gertrude Wood

Kitchen Kapers, page 12

*Kathy Howard (September 2015)

The Famous Welch Punch

Squeeze the juice of three lemons and one orange into one quart of water; add cup of sugar and one pint of Welch's. Serve cold.

Welch Ways: Marion Harland's Ninety-nine Selected Recipes, page 3

* Erica Rau (February 2015)

Fruit Punch

4 CUPS GRAPE JUICE, CHILLED
2 CUPS ORANGE JUICE, CHILLED
1½ CUPS LEMON JUICE, CHILLED
2 CUPS GINGER ALE
8 CUPS WATER

Combine grape, orange, and lemon juices, ginger ale, and water.

SUGAR SIRUP
ORANGE SLICES

Add sugar sirup to taste. Stir. Let stand 1 hour. Pour into punch bowl; add ice cubes. Garnish with orange slices.

Makes 6 quarts.

How to Enjoy Better Meals with
Your New 1949 Space Maker
Refrigerator, page 33

* Callie Coward (September 2015)

Party Punch

Boil together, for 5 minutes, $\frac{3}{4}$ cup sugar or honey, 1 cup water, 8 strips lemon peel, 3 inches stick cinnamon, 12 whole cloves. Strain, cool, and add $1\frac{1}{2}$ cups orange juice, $\frac{3}{4}$ cup lemon juice, 1 bottle ($3\frac{1}{5}$ cups) California Claret or Burgundy wine, and 2 cups sparkling water. Pour over block of ice in punch bowl. Float thin slices of orange and lemon on top. Makes 2 quarts, or 16 to 20 servings, of sparkling punch.

Hostess Book of Favorite Wine Recipes, page 24

* Callie Coward (September 2015)

Raspberry Lemonade

Raspberry Lemonade—Boil $1\frac{1}{2}$ cups of sugar in two cupfuls of water for 10 minutes. When this syrup has cooled add four cupfuls of crushed fresh raspberries, juice of one orange and of three lemons, and let it stand in the refrigerator for three hours. Dilute with one quart of ice-water and serve unstrained.



Summer Time, page 19

* Callie Coward (February 2015 and September 2016)

Fruit Punch



Fruit Punch—Pour one cup of hot strong tea over one cup of sugar, and when the sugar is dissolved add three-fourths cup of orange juice and one-third cup of lemon juice. Strain into a punch-bowl over a large piece of ice. Just before serving add one pint of Ginger Ale and one pint of White Rock water, and some slices of oranges. Usually the melting ice dilutes it sufficiently so that no more water is needed.

You can always put into a fruit punch any left-overs of fruit juices with enough sugar to sweeten, lemon to bring out the flavor and with strong tea as a base.

Summer Time, page 18

* Erica Rau (September 2016)

Notes ...



Photo credit: Paula Damasceno De Oliveira

Side Dishes



Florida Slaw, page 20



Jellied Florida Ring Mold, page 21



Sparkling Amber Salad, Page 21

BAKED CABBAGE AND APPLES

2 quarts shredded cabbage.	1 teaspoon sugar.
1 quart sliced apples.	2 teaspoons salt.
2 to 4 tablespoons butter.	1 cup buttered bread crumbs.

Grease a baking dish. Make a layer of cabbage, then of apple. Sprinkle with sugar, salt, and dot with butter. Repeat until all the ingredients are used. On the last layer place the buttered crumbs. Cover, and bake until the cabbage and apples are tender. Remove the top of the baking dish so the crumbs can brown. Serve from the dish.

Aunt Sammy's Radio Recipes, page 15

*Jennifer Motzsko (September 2016)

FLORIDA SLAW

1 quart cabbage, shredded	3 tablespoons vinegar
$\frac{1}{2}$ cup green pepper, minced	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup sweet pickles, minced	$\frac{1}{4}$ teaspoon Jewel Pepper
1 tablespoon sugar	$\frac{1}{4}$ cup sour cream
	1 tablespoon Jewel Pre- pared Mustard

Mix cabbage with the green pepper and pickles. Combine the sugar, salt, vinegar, cream, mustard and pepper, and pour over the cabbage. Serves 8.

476 tested recipes, page 50

*David Gwynn (September 2015)

GREEN PEA AND EGG SALAD

Cut 4 hard boiled eggs lengthwise; remove the yolks and mix with 1 cup of peas and enough salad dressing to moisten. Fill the whites and serve in nests of head lettuce.

Soups, Salads, and Desserts, page 18

*Paul Hessling (September 2016)

JELLIED FLORIDA RING MOLD

**2 pkgs. lime flavored
gelatine**

2 cups boiling water

**1 ¾ cups Florida grapefruit
juice or cold water**

**2 cups Florida grape-
fruit sections**

**16 fresh or canned
pitted cherries**

16 salted almonds

Dissolve gelatine in boiling water, add grapefruit juice or cold water; chill until slightly thickened. Place ring of grapefruit sections in bottom of 9-inch ring mold; add enough of the gelatine mixture to cover and chill until firm. Place grapefruit sections around the edge of the mold, add the remaining gelatine; chill until firm. Unmold on platter and fill center with remaining grapefruit sections and pitted cherries that have been stuffed with the salted almonds. Serve as a salad with mayonnaise and garnish with salad greens or serve plain as a dessert. Makes 8 servings.

For the Joy of Living : Florida Citrus Fruit Recipes, page 27

* Callie Coward (September 2015)

Sparkling Amber Salad

**1 package Royal Gelatin
Dessert (lemon flavor)**

½ cup boiling water

1 ½ cups dry ginger ale

¼ cup chopped celery

**½ cup seedless white
grapes, cut in half**

**2 slices canned pine-
apple, cut in cubes**

Dissolve Royal Quick Setting Gelatin in boiling water. Cool until it just begins to thicken; add ginger ale. Chill until mixture begins to thicken, then add celery, grapes and pineapple. Pour into mould and chill until firm. Garnish and serve as salad. 6-8 servings.

Royal Desserts Recipes, page 22

* Erica Rau (September 2015)

LIMA BEANS WITH EGGS

- | | |
|--------------------------------------|--------------------------------------------------|
| 1 can Golden Rule green lima beans | $\frac{1}{4}$ teaspoon Golden Rule Currie Powder |
| 2 tablespoons Golden Rule Cornstarch | $\frac{1}{8}$ teaspoon Golden Rule Pepper |
| $\frac{1}{2}$ teaspoon salt | $1\frac{1}{2}$ cups milk |
| | 4 hard-boiled eggs |

Make a sauce of the butter, cornstarch, seasonings, and milk, add the beans, let become very hot, and pour on a deep platter bordered with curried rice. Strew the beans with eggs which should be chopped.

Curried Rice. Add to the plain boiled rice one-half teaspoon of Golden Rule Currie Powder, creamed with two tablespoons of butter. Stir lightly with a fork and serve very hot.

Golden Rule cook book, page 44

* Paul Hessling (September 2016)

MACARONI AND CHEESE

- | | |
|----------------------------------------|-----------------------------------------|
| 3 cups elbow macaroni | 1 teaspoon Colman's (dry) Mustard |
| 3 teaspoons salt | |
| 2 cups milk | $\frac{1}{2}$ cup chopped peppers |
| $\frac{1}{2}$ teaspoon French's Pepper | 1 cup grated American cheese |
| 3 tablespoons melted butter | $\frac{1}{4}$ teaspoon French's Paprika |

Cook macaroni 25 minutes in 2 quarts of boiling water to which two teaspoons of salt has been added. Drain, rinse with cold water and drain again. Butter baking dish and put in a layer of macaroni. Add milk, salt, pepper, butter, Colman's (dry) Mustard, chopped pepper and $\frac{3}{4}$ cup grated cheese. Add remaining macaroni and mix well. Sprinkle remaining cheese over top, garnish with paprika, and bake in moderate oven (350°F.) 45 minutes or until done. Serves 6.

12 New Recipes with Colman's Mustard, page 10

* Jada Jones (September 2015)

Mashed Potatoes

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Pare and quarter...	<i>medium</i> POTATOES	{ 2 (¾ lb.)	{ 4 (1½ lbs.)	{ 6 (2¼ lbs.)
2. Cook in tightly covered pan about 20 minutes, or until tender in	<i>boiling</i> WATER	{ ½ cup	{ ¾ cup	{ 1 cup
3. Drain and save 4 teaspoons potato water for 2; 2½ tablespoons for 4 and ¼ cup for 6. Mash potatoes thoroughly.				
4. Add potato water and	<i>hot</i> PET MILK SALT PEPPER	{ ¼ cup ½ teasp. few grains	{ ½ cup 1 teasp. few grains	{ ¾ cup 1½ teasp. ½ teasp.
5. Beat until light and fluffy. Serve hot.				

New Ideas for Everyday Meals, For 2 or 4 or 6, page 6

* Paul Hessling (September 2015)

+ *Mexican Baked Beans*

- 2 cups white beans, carefully selected.
- 1 cup molasses
- 1-2 cup sugar
- 1 teaspoon salt
- 1-2 pound salt pork (cut in small pieces)
- 4 teaspoons *Gebhardt's Eagle Chili Powder*

Soak beans overnight in cold water. Drain, add fresh water and cook at boiling point until, on removing a few and cooling in a spoon, they burst slightly. Drain and put in a baking dish or 2-quart crock. Mix all the other ingredients with enough water to cover the beans in the baking dish. Bake covered for two or more hours, then uncovered for two hours, adding more water to keep from drying, and as they brown, turn top under to brown evenly through and through.

¶ You will agree that "Mexican Baked Beans" are worlds better than "Boston Baked Beans" when you try this recipe. *Gebhardt's Eagle Chili Powder* gives a richness in flavor that no other seasoning can.



Nineteen

Mexican Cookery for American Homes, page 19

* Erica Rau (September 2016)

Notes ...



Rosy Aspic, page 30



Turkey Aspic Ring, page 30

Main Dishes



Tropical Sandwiches, page 26

Photo credit: Paula Damasceno De Oliveira



Barbequed Sausage Casserole, page 32



Meat and Potato Ring, pages 31 & 15

Tropical Sandwiches

1 can Baker's Fresh Grated Coconut	$\frac{1}{4}$ cup syrup
1 cup stoned dates or chopped figs	2 tablespoons lemon juice
1 cup seeded raisins	$\frac{1}{4}$ teaspoon salt

Put pressed coconut, dates and raisins or figs through food chopper. Add other ingredients and use as a filling for sandwiches.

Baker's Coconut Recipes, page 13

* Terry Brandsma (September 2016)

WALDORF SANDWICH

Finely chop celery, add half the quantity of finely chopped apples and half the quantity of finely chopped hickory or walnut meats. Moisten with mayonnaise to the consistency to spread on thin slices of buttered bread.

Recipes for Sandwiches and Other Appetizing Ways of Serving Bread, page 5

* Kathelene McCarty Smith (September 2016)

SALMON LOAF

1 cup flaked cooked salmon	1 teaspoon salt	$\frac{1}{2}$ teaspoon lemon juice
1 cup stale bread crumbs soaked in	$\frac{1}{2}$ teaspoon onion juice	2 egg whites, stiffly beaten
1 cup scalded milk	2 egg yolks, beaten	

Combine ingredients in order given, folding in the stiffly beaten whites last. Drop mixture into a well-greased and crumbed pan and bake in a moderately hot oven or steam the mixture. The eggs may be omitted, using $\frac{1}{4}$ cup less milk. Serve with white sauce.

Metropolitan Cook Book, page 30

* David Gwynn (September 2016)

FISH LOAF

(Canned Salmon, Fish Flakes, Tuna Fish, or Gray Fish may be used in this recipe, or two and a half cupfuls of any kind of left-over, cooked fish may be substituted.)

- 1 Pound Can Fish or
- 2½ Cupfuls Flaked, Cooked
Fresh Fish
- 3 Eggs
- ½ Cupful Soft Bread
Crumbs
- 1 Tablespoonful Melted
Snowdrift
- 1 Teaspoonful Salt
- ⅛ Teaspoonful Pepper
- 1 Tablespoonful Minced
Parsley

Separate the eggs, beat the yolks till lemon-colored and the whites until stiff. Flake the fish, add it with the remaining ingredients to the egg yolks, fold in the egg whites, and transfer to a pan, rubbed lightly with Snowdrift. Bake until firm in a moderate oven, 350 degrees F., about forty minutes. Serve with peas, Cream or White Sauce No. 2, Savory Egg Sauce, or Tomato Sauce.

A New Snowdrift Cook Book, page 23

* Cathy Griffith (September 2016)

CREAM OR WHITE SAUCE NO. 2

(For use in Creaming Meats, Eggs, Noodles and Fish,
and in Making Escallops)

- 1 Tablespoonful Snowdrift
- 2 Tablespoonfuls Flour
- 1 Cupful Milk
- ½ Teaspoonful Salt
- ⅛ Teaspoonful Pepper

Follow directions as given in the preceding recipe.

A New Snowdrift Cook Book, page 27

* Cathy Griffith (September 2016)

CHICKEN CURRY

2 Tablespoons Kitchen Bouquet	1 Cup cream
2 Cups chicken, cut small	3 Tablespoons flour
1 Large onion, sliced	1 Tablespoon curry powder
1 Teaspoon sugar	4 Tablespoons butter
1 Sour apple, peeled and chopped	Salt and pepper

1½ Cups water or stock

Melt butter, add onion and cook tender; add flour, sugar and curry powder and stir over fire for two minutes; then add apple, liquid and chicken and cook slowly for half hour. Then add cream, Kitchen Bouquet, salt and pepper and serve with border of boiled rice.

The Secret of his Mother's Cooking, page 4

* Carolyn Shankle (September 2016)

CHICKEN SALAD

2 cups diced chicken	½ teaspoon salt
1 cup diced celery	1 teaspoon Colman's Mustard
½ cup diced pineapple	⅛ teaspoon French's Pepper
⅓ cup chopped sweet pickle	1 teaspoon French's Paprika
⅔ cup mayonnaise	Lettuce

Combine chicken, celery, pineapple, and sweet pickle. Mix seasonings (except paprika) with ½ cup mayonnaise. Fold into chicken mixture, blend thoroughly and serve on beds of lettuce. Garnish with remaining mayonnaise and paprika. Serves 4.

12 New Recipes with Colman's Mustard, page 24

* Erica Rau (September 2015)

Oven-fried Chicken

Crush one 4-ounce package potato chips* (2 cups crushed); add $\frac{1}{4}$ teaspoon garlic salt and dash pepper.

Select a 2 $\frac{1}{2}$ to 3-pound ready-to-cook broiler-fryer, cut up. Dip pieces in $\frac{1}{3}$ cup melted butter or margarine; roll in chip mixture. Place pieces, skin side up and not touching, in greased jelly-roll pan. Sprinkle with remaining butter and crumbs. Bake at 375° about 1 hour or till done—*don't turn!*

*Or, use 2 cups crushed barbecue chips or 2 cups corn-flake crumbs, or 3 cups crisp rice cereal, crushed.

Better Homes & Gardens Celebration Sampler, page 8

* Kathy Crowe (February 2015)

CHICKEN SOUP

1 stewing fowl

1 small onion

1 teaspoon chopped
parsley

2 stalks celery

Cold water

Salt

Jewel Pepper

Clean and disjoint fowl. Slice onion. Place all ingredients in a deep pan. Cover with cold water. Simmer 2 hours or until meat drops from the bones. Strain and serve. If desired, rice, spaghetti or macaroni may be cooked in the broth for 20 minutes.

476 Tested Recipes, page 56

* Kathy Howard (September 2015)

TURKEY ASPIC RING

Combine tomato juice, pepper, salt and Worcestershire sauce. Bring to boil. Soften gelatin in cold water; add hot tomato mixture. Stir until dissolved. Pour into ring mold that has been rinsed with cold water. Chill until firm. Unmold on serving plate; garnish with chicory and olives. Fill center with pieces of chicken and garnish with dressing. Serves 6.

* Salad Dressing

Whip $\frac{1}{2}$ cup heavy cream; add $\frac{1}{4}$ cup mayonnaise or salad dressing and 1 tablespoon of prepared mustard.

Summer Luncheon Menu

Turkey Aspic Ring
Crisp Bread Strips
Blueberry Dessert Roll
Beverage

2 cups tomato juice
 $\frac{1}{4}$ teaspoon pepper
 $\frac{1}{4}$ teaspoon onion salt
 $\frac{1}{4}$ teaspoon celery salt
 $\frac{1}{2}$ teaspoon Worcestershire sauce
1 envelope unflavored gelatin
 $\frac{1}{4}$ cup cold water
Chicory—Ripe olives
6 oz. can Swanson Boned Turkey
* Salad dressing

Sue Swanson's Chicken and Turkey Dishes, page 4-5

* Paul Hessling (February 2015)

Rasy Aspic

1 tablespoon plain gelatin
2 cups Diet Delight tomato juice
1 teaspoon grated onion
1 tablespoon lemon juice

$\frac{1}{2}$ cup diced cucumber or cabbage
 $\frac{1}{2}$ cup sliced radishes
Lettuce

Soften gelatin in 2 tablespoons tomato juice. Heat remaining juice and dissolve softened gelatin in it. Blend in onion and lemon juice. Chill until slightly thickened. Fold in cucumber and radishes. Pour into individual molds, chill until firm. Serve on lettuce leaf. Serves 3.

Calories per Serving — 64 Mg. Sodium — 16

Menus and Recipes to Diet Delight-fully, page 21

* Callie Coward (February 2015)

STUFFED MEAT LOAF

2 pounds meat and 2 slices bacon — Serves 10

VICTORY MENU

DINNER

Stuffed Meat Loaf
New Peas
Vegetable Relish
Bread - - Butter
Orange Ice
Beverage

2 pounds ground beef
1 chopped green pepper
1 chopped onion
1 tablespoon salt
1 tablespoon Worces-
tershire Sauce
 $\frac{1}{2}$ teaspoon sage
1 cup dry bread crumbs
 $\frac{1}{2}$ cup water
1 egg
2 slices bacon
Dressing

Combine all ingredients. Mix well. Make a layer of one-half the meat mixture in a deep 9-inch pan. Cover with dressing. Press remaining meat mixture over dressing. Place bacon on top. Bake in a moderate oven (350° F.) for 1 hour.

Dressing

$\frac{1}{4}$ cup butter or
meat drippings
2 cups dry bread
crumbs
1 cup water
 $\frac{1}{4}$ cup chopped onion
 $\frac{1}{4}$ cup chopped celery
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper

Melt fat. Combine all ingredients. Mix well.

Victory Meat Extenders, page 10

* Kate Hill (September 2015)

Meat and Potato Ring

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Cook slowly until lightly browned.....	$\left\{ \begin{array}{l} \text{diced LUNCH MEAT*} \\ \text{in hot SHORTENING} \end{array} \right\}$	$\left\{ \begin{array}{l} \frac{3}{4} \text{ cup} \\ (\frac{1}{4} \text{ lb.}) \end{array} \right\}$	$\left\{ \begin{array}{l} 1\frac{1}{2} \text{ cups} \\ (\frac{1}{2} \text{ lb.}) \end{array} \right\}$	$\left\{ \begin{array}{l} 2 \text{ cups} \\ (\frac{3}{4} \text{ lb.}) \end{array} \right\}$
2. Sprinkle over meat, then blend in.....	$\left\{ \begin{array}{l} \text{FLOUR} \\ \text{SALT} \\ \text{PEPPER} \end{array} \right\}$	$\left\{ \begin{array}{l} 2 \text{ tablesp.} \\ 1 \text{ tablesp.} \\ \frac{1}{4} \text{ teasp.} \\ \text{few grains} \end{array} \right\}$	$\left\{ \begin{array}{l} 1\frac{1}{2} \text{ tablesp.} \\ 2 \text{ tablesp.} \\ \frac{1}{2} \text{ teasp.} \\ \text{few grains} \end{array} \right\}$	$\left\{ \begin{array}{l} 2 \text{ tablesp.} \\ 3 \text{ tablesp.} \\ \frac{3}{4} \text{ teasp.} \\ \frac{1}{8} \text{ teasp.} \end{array} \right\}$
3. Stir in	$\left\{ \begin{array}{l} \text{VEGETABLE LIQUID or water} \end{array} \right\}$	$\left\{ \begin{array}{l} \frac{1}{2} \text{ cup} \end{array} \right\}$	$\left\{ \begin{array}{l} \frac{1}{2} \text{ cup} \end{array} \right\}$	$\left\{ \begin{array}{l} \frac{3}{4} \text{ cup} \end{array} \right\}$
4. Boil and stir 2 minutes.				
5. Add	$\left\{ \begin{array}{l} \text{PET MILK drained GREEN BEANS,**} \\ \text{cooked or canned drained, sliced CARROTS,**} \\ \text{cooked or canned} \end{array} \right\}$	$\left\{ \begin{array}{l} \frac{1}{2} \text{ cup} \\ \frac{1}{2} \text{ cup} \\ \frac{1}{2} \text{ cup} \end{array} \right\}$	$\left\{ \begin{array}{l} 1 \text{ cup} \\ 1 \text{ cup} \\ \frac{3}{4} \text{ cup} \end{array} \right\}$	$\left\{ \begin{array}{l} 1\frac{1}{2} \text{ cups} \\ 1\frac{1}{2} \text{ cups} \\ 1 \text{ cup} \end{array} \right\}$

6. Heat thoroughly, but do not boil. Serve at once in ring of hot Mashed Potatoes (see index).

*Bologna, minced ham, canned lunch meat or any cooked meat can be used.

**Peas or lima beans can replace the beans, and whole kernel corn or diced celery can replace the carrots.

New Ideas for Everyday Meals, For 2 or 4 or 6, page 8

* Paul Hessling (September 2015)

Note: Mashed Potato recipe can be found on page 23

SAUSAGE WITH PEAS

8 pork sausages
1 tablespoon flour
 $\frac{1}{2}$ cup water

$\frac{1}{2}$ cup peas
4 eggs

Cut the sausages in pieces about an inch long, and brown them in the frying-pan. When well browned, remove from the pan, pour off all the fat except one tablespoon, add to it the flour, and when browned, add the water. When the sauce is thick, put in the pieces of sausage, the peas, and beaten eggs. Pour into a baking-dish and bake in a slow oven until the eggs are set.

New Delineator Recipes, page 212

* Paul Hessling (September 2016)

BARBECUED SAUSAGE CASSEROLE

1 pound sausage — Serves 8

VICTORY MENU

SUPPER
Barbecued Sausage
Casserole
French Fried Potato
Sections
Cabbage Salad
Bread Sticks - Butter
Gingerbread Shortcake
Beverage

1 pound sausage links
2 tablespoons water
1 onion
 $\frac{1}{2}$ green pepper
6 pieces celery
1 can tomato soup
 $\frac{1}{2}$ cup catsup
2 $\frac{1}{2}$ cups cooked kidney
beans



Place sausage in cold skillet. Add water, cover and simmer until water evaporates. Remove cover, increase heat and brown sausage. Add onion, green pepper and celery, which have been chopped, tomato soup and catsup. Cover and simmer slowly for 30 minutes. Add beans to cooked mixture and heat.

Victory Meat Extenders, page 38

* David Gwynn (September 2015)

One-Dish Sausage Meal

(1 pound sausage—Serves 6)

1 pound bulk pork sausage
2 tablespoons water
2 cups cooked macaroni

2 tablespoons onion, grated
 $3\frac{1}{2}$ cups sauerkraut

Shape sausage into 6 rolls and place in cold frying-pan. Add water, cover and simmer until water evaporates. Mix macaroni and onion. Place alternating layers of macaroni and sauerkraut in a baking dish. Arrange sausage like spokes of a wheel over the top. Add 2 tablespoons sausage drippings. Bake in a moderate oven (350°F.) for one hour.

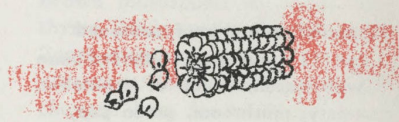
Meat Point Pointers, page 30

* Paul Hessling (February 2015)

CANADIAN COUNTRY SOUP

- 4 ounces sliced Canadian bacon, cut into small pieces
- ½ cup chopped onion
- 1 tablespoon butter or margarine
- 1 can (11¼ ounces) condensed bean with bacon soup
- 1 can (10½ ounces) condensed cream of mushroom soup
- 1 can (10½ ounces) condensed vegetarian vegetable soup
- 2 soup cans water
- 1 cup drained cooked whole kernel corn

Brown bacon and cook onion in butter until tender. Blend in soups and water; add corn. Heat; stir often. 6 to 8 servings.



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Cooking with Soup, A Campbell Cook Book, page 172

* David Gwynn (February 2015)

MACARONI WITH HAM

- 1½ Tablespoons Kitchen Bouquet
- 2 Tablespoons butter
- ½ Pound Macaroni or spaghetti
- 1 Ounce Parmesan cheese
- 6 Ounces lean, cooked ham, chopped
- ½ Gill stock
- ½ Gill cream
- ¼ Teaspoon pepper
- Fried bread crumbs

Boil macaroni in slightly salted water, drain and cool. Melt butter in saucepan, add macaroni and when hot add cheese, stock, cream, pepper, Kitchen Bouquet and stir over fire. Spread a layer on fire-proof dish, cover with chopped ham and continue layers until all material is used. Cover with fried crumbs and bake in hot oven about 10 minutes. Serve at once.

The Secret of His Mother's Cooing, page 5

* Carolyn Shankle (September 2016)

CABBAGE, SPAGHETTI, AND CHEESE

4 cups shredded cabbage.

1½ cups spaghetti, broken in small pieces.

2 cups milk.

4 tablespoons flour.

4 tablespoons butter.

½ pound American cheese.

1 teaspoon salt.

Cook the spaghetti in boiling salted water until tender; drain. Make a sauce of the flour, butter, milk, and salt. Shave up the cheese and add it to the hot sauce. Put the cabbage, spaghetti, and sauce in a buttered baking dish in layers and cover the top with buttered bread crumbs. Cook for 20 to 30 minutes in a moderate oven.

Aunt Sammy's Radio Recipes, page 15

* Jennifer Motzsko (September 2016)

COTTAGE-CHEESE AND PEANUT LOAF

½ cup peanuts

1 cup cottage cheese

1 cup cold, cooked rolled oats

1 cup milk

1 egg, slightly beaten

1 tablespoon fat

½ teaspoon salt

Dash of pepper

1 teaspoon poultry seasoning

Few drops Worcestershire sauce

1 tablespoon chopped onion

Chop peanuts and add to other ingredients in order given. When thoroughly combined, place in a well-oiled bread-tin. Bake in a moderate oven (350° F.) until brown. Serve hot with tomato sauce.

New Delineator Recipes, page 87

* Callie Coward (September 2016)

Notes ...

Notes ...



Blueberry Crumb Tarts, page 53



Favorite Molasses Cake and Easy
Fluffy Frosting, page 41

Desserts



Dark Dough, page 46



Banana Cake, page 38



Lemon Sponge Pie, page 45

APPLE CAKE

1 ½ cakes Fleischmann's Yeast
1 cup milk, scalded and cooled
1 tablespoonful sugar
3 ½ cups sifted flour
¼ cup butter

½ cup sugar
2 eggs
¼ teaspoonful salt
5 apples

Dissolve yeast and one tablespoonful sugar in lukewarm milk, add one and one-half cups flour to make a sponge and beat until smooth. Cover and set aside in warm place until light—about three-quarters of an hour.

Have sugar and butter well creamed, add to sponge. Then add eggs well beaten, rest of flour, or enough to make soft dough, and salt. Knead lightly. Place in well-greased bowl. Cover and set aside to rise—about two hours.

Roll half-inch thick. Place in two well-greased, shallow pans. Brush with butter, sprinkle with sugar. Cut apples in eighths and press into dough, sharp edge downward. Sprinkle with cinnamon. Cover and let rise about one-half hour.

Bake twenty minutes. Keep covered with pan for first ten minutes, in order that the apples may be thoroughly cooked.

37 Delightful Breads, and some cakes, page 36-37

* Callie Coward (September 2016)

BANANA CAKE

A "self sufficient" dessert for any light meal.

½ cup shortening
1 ½ cups sugar
2 eggs, well beaten
2 cups flour
½ teaspoon baking powder
¾ teaspoon soda

½ teaspoon salt
¼ cup sour milk
1 cup mashed banana (2 to 3 bananas)
1 teaspoon vanilla
1 cup heavy cream, whipped and sweetened
2 bananas, sliced

Cream shortening and add sugar gradually. Stir in eggs. Sift flour, baking powder, soda and salt together. Combine sour milk and mashed bananas and add alternately with dry ingredients to creamed mixture. Add vanilla, pour into greased layer cake pans and bake 30 minutes in a moderate oven (375° F.). When layers are cold, put together with whipped cream and sliced bananas, and spread whipped cream over top of cake. Garnish with slices of banana. Makes two 8-inch layers.

Modern Banana Recipes, page 3

* Callie Coward (September 2015)

Chocolate Cake

$\frac{1}{3}$ cup shortening
 1 cup brown sugar
 2 squares chocolate
 1 cup rye or barley flour
 $\frac{1}{2}$ cup wheat flour

3 teaspoons Royal Baking Powder
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup milk
 1 teaspoon vanilla
 1 cup walnuts

Cream shortening; add sugar and melted chocolate. Add one-half the flour which has been sifted with the baking powder and salt. Mix well and add the milk; add the remainder of the flour, vanilla and the nuts which have been chopped. Bake in greased loaf pan in moderate oven 35 to 45 minutes.

Best War Time Recipes, page 11

* Michelle Courtney (February 2015)

French Coconut Cakes

1 can Baker's Fresh Grated Coconut
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup butter
 2 eggs
 1 teaspoonful vanilla extract

1 cup flour
 1 heaping teaspoonful baking powder
 $\frac{1}{2}$ cup coconut milk

Cream butter and sugar together, add eggs well beaten, vanilla extract, flour, baking powder, one-half can coconut and milk. Mix and divide into twelve buttered and floured gem pans; bake in a hot oven for twenty minutes. Cool and dip in the following mixture:

Put three tablespoonsful water into a small saucepan; add three tablespoonsful of red jam or jelly, two tablespoonsful sugar; stir until boiling and boil for two minutes. Dip cakes into this syrup then into plenty of coconut—press coconut dry.

Baker's Coconut Recipes, page 4

* Brown Biggers (September 2016)

QUICK COFFEE CAKE

$\frac{1}{4}$ cup fat
 1 cup sugar
 2 eggs (beaten separately)

$\frac{1}{2}$ cup milk
 $\frac{1}{4}$ teaspoon salt
 $1\frac{1}{2}$ cups sifted flour

$\frac{1}{4}$ cup cornmeal
 1 tablespoon baking-powder

Cream the fat, add sugar gradually, then the well-beaten eggs and milk alternately with the flour, measured, mixed and sifted with the baking-powder and cornmeal. Spread mixture in a well-greased, shallow tin. Spread the top with melted fat, sprinkle with sugar and cinnamon. Bake in a moderately hot oven 20 minutes.

Metropolitan Cook Book, page 16

* Sean Mulligan (September 2016)

COFFEE CAKE

1 $\frac{1}{2}$ cakes Fleischmann's Yeast	$\frac{1}{2}$ teaspoonful mace
1 cup milk, scalded and cooled	1 $\frac{1}{2}$ cups mixed fruit—citron,
1 tablespoonful sugar	raisins, currants, in equal
3 cups sifted flour	parts
$\frac{1}{2}$ cup butter	$\frac{1}{4}$ teaspoonful salt
1 cup sugar	3 eggs

Dissolve yeast and one tablespoonful sugar in the lukewarm milk, add one and one-half cups of flour. Beat well. Cover and set aside, in a warm place, to rise one hour, or until light.

Add to this the butter and sugar creamed, the mace, the fruit which has been floured, the balance of the flour, or enough to make a good cake batter, the salt, and eggs well beaten. Beat for ten minutes.

Pour into well-buttered molds, filling them about half full, cover and let rise until molds are nearly full, then bake in a moderate oven. If made into two cakes, they should bake forty-five minutes; one large cake should bake one hour.

37 Delightful Breads, and some cakes, page 37

* Sara Maeve Whisnant (September 2016)

QUICK COFFEE CAKE

2 cups flour	2 tablespoons shortening
4 teaspoons Jewel Baking Powder	$\frac{2}{3}$ cup milk
3 tablespoons sugar	1 egg
1 teaspoon salt	Sugar
	Jewel Cinnamon

Sift the dry ingredients. Cut in the shortening, then add the milk and the beaten egg. Cover with a sugar and cinnamon mixture. Bake in shallow pan in moderately hot oven (375° F.) for about 25 minutes.

476 Tested Recipes, page 10

* Cathy Rothermel (February 2015)

ENGLISH TEA CAKE.

1 cup Sugar,	$\frac{1}{2}$ cup Butter, (melted),
1 cup seeded Raisins,	2 cups Flour,
$\frac{1}{2}$ teaspoonful each of	1 cup sour Milk,
Cloves, or Allspice	1 teaspoonful
and Cinnamon,	Arm & Hammer Soda.
$\frac{1}{2}$ teaspoonful Nutmeg,	

Mix the sugar and spices together; add the butter and rub together until creamy and light; dissolve one teaspoonful Arm & Hammer Soda in three tablespoonfuls of water; put Soda in milk and add to the mixed ingredients; stir in the flour, and last the raisins mixed with flour. You may have to add a half cup of flour if batter is too soft. An excellent cake that does not require eggs.

Arm & Hammer Book of Valuable Recipes, page 14

* Sara Prescott (September 2016)

FAVORITE MOLASSES CAKE

(2 eggs)

2 $\frac{1}{4}$ cups sifted Swans Down Cake Flour	$\frac{1}{2}$ cup sugar
$\frac{3}{4}$ teaspoon Calumet Baking Powder	$\frac{1}{2}$ cup molasses
$\frac{1}{2}$ teaspoon soda	2 eggs, unbeaten
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ cup plus 1 tablespoon milk
$\frac{1}{2}$ cup shortening	1 teaspoon vanilla,

Sift flour once, measure, add baking powder, soda, and salt, and sift together three times. Cream shortening, add sugar gradually, creaming thoroughly; then add molasses gradually and beat until light and fluffy. Add eggs, one at a time, beating well after each. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla. Bake in greased 10x10x2-inch pan in moderate oven (350° F.) 35 minutes, or until done. Spread with Easy Fluffy Frosting (below).

EASY FLUFFY FROSTING

1 egg white	$\frac{1}{2}$ cup light corn syrup or honey
Dash of salt	1 teaspoon vanilla

Beat egg white with salt until stiff enough to hold up in peaks, but not dry. Pour syrup in fine stream over egg white, beating constantly 4 or 5 minutes, or until of right consistency to spread. Add vanilla. Makes enough frosting to cover top of 10x10x2-inch cake, or tops and sides of two 8-inch layers.

How to Bake by the Ration Book, page 7

* Jennifer Motszko (September 2015)

Leopard Cake

$\frac{3}{4}$ cup shortening
 $1\frac{1}{4}$ cups sugar
3 eggs
 $\frac{3}{4}$ cup milk
 $1\frac{1}{2}$ teaspoons flavoring
extract

3 cups flour
 $\frac{1}{2}$ teaspoon salt
3 teaspoons Rumford
Baking Powder
1 square (ounce) cooking
chocolate

Cream together the shortening and sugar; add the eggs well beaten, then the milk and flavoring alternately with the dry ingredients sifted together. Beat thoroughly, divide into two portions and add to one of these the chocolate which has been melted over hot water. Put one-fourth of the plain mixture into a greased cake pan, then drop irregularly over it one-third of the chocolate flavored batter and proceed in this way until the ingredients are all used. Bake about three-quarters of an hour in a moderate oven—350-400° F. Frost with plain white frosting.

Rumford Common Sense Cook Book, page 26

* Christine Fischer (February 2015)

Uncooked Frostings

Fruit: Moisten sifted confectioner's sugar with clear fruit juice—orange or lemon, currant, grape, raspberry, etc.—and spread.

Rumford Common Sense Cook Book, page 33

* Christine Fischer (February 2015)

Prune Cake

$\frac{1}{3}$ cup shortening
 $1\frac{1}{3}$ cups brown sugar or
1 cup corn syrup
 $\frac{1}{2}$ cup milk
1 cup rye flour
 $\frac{3}{4}$ cup white flour

3 teaspoons Royal Baking Powder
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{2}$ teaspoon nutmeg
 $\frac{1}{2}$ lb. prunes (washed, stoned
and cut into pieces)

Cream shortening, add sugar or syrup, and milk. Mix well and add the flour which has been sifted with the spices and baking powder. Add the prunes and mix well. Bake in greased loaf pan in hot oven 30 to 35 minutes.

Best War Time Recipes, page 12

* Michelle Courtney (February 2015)

Raisin Loaf Cake

$\frac{1}{3}$ cup softened butter	2 eggs
$1\frac{1}{3}$ cups brown sugar	$\frac{1}{2}$ cup milk
2 cups sifted flour	1 teaspoon cinnamon
3 level teaspoons baking powder	$\frac{1}{2}$ teaspoon nutmeg
	1 cup Sun-Maid seedless raisins

Sift all dry ingredients into a measuring bowl, add unbeaten eggs and remaining materials and beat all together for about 5 minutes. Bake in a shallow greased pan 1 hour in a moderate oven.

Recipes with Raisins, page 14

* Marcie Burton (September 2016)

WAR CAKE

1 cup molasses	1 teaspoon salt	3 cups flour
1 cup corn syrup	1 teaspoon cinnamon	1 teaspoon soda
$1\frac{1}{2}$ cups boiling water	$\frac{1}{2}$ teaspoon cloves	2 teaspoons baking-powder
2 cups raisins	$\frac{1}{2}$ teaspoon nutmeg	
2 tablespoons fat		

Boil first 9 ingredients. Cool, add the flour sifted with the soda and baking-powder. Drop into well-greased loaf tins. Bake 45 minutes in a moderately hot oven. Make 2 loaves.

Metropolitan Cook Book, page 56

* Christine Fischer (September 2016)

Wonderful Cake

$\frac{3}{4}$ cups cold water	1 teaspoon baking powder
$1\frac{1}{4}$ cups sugar	$\frac{1}{4}$ teaspoon salt flavored with lemon
$1\frac{1}{2}$ cups flour	
Yolks of 3 eggs	

Beat the egg yolks and water until they make one quart. Add sugar and beat into water and egg mixture for 7 minutes. Beat flour and baking powder, sifted together, into the mixture. Add salt flavored with lemon. Beat the egg whites and fold in last. Bake in moderate oven.

American Agriculturist Tested Recipes, page 10

* Ann Perdue (February 2015)

DAVID'S FAVORITE APPLE PIE

"Wait till you taste my David's Favorite Apple Pie — it's sweetened with brown sugar an' spiced with allspice!" — AUNT JENNY.

1 recipe Spry Pie Crust	$\frac{1}{8}$ teaspoon salt
6 large tart apples, sliced thin	$\frac{1}{2}$ teaspoon allspice
1 cup brown sugar, firmly packed	1 tablespoon butter

ROLL $\frac{1}{2}$ of Spry Pie Crust dough and line a 9-inch pie plate. Fill pie shell with sliced apples. Mix brown sugar, salt, and allspice. Sprinkle over apples. Dot with butter. Moisten edge of pie with water. Roll remaining dough for top crust and cut a few slits to permit steam to escape. Fit top crust over apples and seal edge of pie. Bake in hot oven (425°F.) 30 to 40 minutes.

The flavor of the pie may be varied by substituting 1 cup of granulated sugar for the brown sugar, and replacing the allspice with 1 teaspoon of cinnamon and $\frac{1}{2}$ teaspoon of nutmeg.

SPRY PIE CRUST

"Beats all, how flaky an' tender Sprycrust is!"
says Aunt Jenny.

$2\frac{1}{2}$ cups sifted all-purpose flour	$\frac{3}{4}$ cup Spry
1 teaspoon salt	5 tablespoons cold water (about)

SIFT flour and salt together. Add $\frac{1}{2}$ of Spry and cut in until mixture is as fine as corn meal. Add remaining Spry and continue cutting until particles are size of a navy bean. Sprinkle water, 1 tablespoon at a time, over mixture. With a fork, work lightly together until a dough is formed.

Aunt Jenny's Extra Tasty Recipes, page 4

* Erica Rau (February 2015)

BANANA CREAM PIE

A "perfect ending" to a perfect meal.

6 bananas	$\frac{1}{2}$ teaspoon vanilla
1 cup heavy cream, whipped	1 baked 9-inch pie shell or
1 tablespoon powdered sugar	6 tart shells

Slice bananas. Mix thoroughly whipped cream, powdered sugar, vanilla, and add bananas. Fill baked pie or tart shells with this mixture. Sprinkle with grated unsweetened chocolate if desired. Serves six.

Modern Banana Recipes, page 3

* Marcie Burton (September 2015)

Lemon Sponge Pie

ONE 9 INCH PIE

3 Tbs. Flour	4 Eggs, beaten separately
3 Tbs. Butter	Pinch of Salt
1¼ Cups Milk	1/3 Cup Lemon Juice
1¼ Cups Sugar	Grated Rind of 2 Lemons

Have butter room temperature — cream butter and sugar thoroughly, add other ingredients. (Beat) Fold in stiffly beaten egg whites. Pour into unbaked crust and bake slowly in oven 350°F 15 minutes reducing to 300°F until tests done — about 45 minutes.

6

20 Favorite Recipes of Col. Harland Sanders, page 6

* Jackie Gaither (February 2015)

Chocolate Drop Cookies

¼ cup fat	½ teaspoon Crystal or
1 cup light brown sugar	Dial Baking Soda
¾ cup milk	2 squares melted chocolate
1 egg well beaten	1 cup chopped nuts
1½ cups flour	1 teaspoon vanilla
	½ teaspoon salt

Cream the shortening and add sugar gradually. Then the well beaten egg, milk and flour, mixed and sifted with the salt and soda. Stir in the melted chocolate, nuts and vanilla. Drop mixture in spoonfuls on a well-buttered pan. Bake in moderate oven—at 360° F.

A Handy Guide for Busy Cooks, page 18

* Mary Jane Conger (February 2015)

Chocolate Chip Almond Drops

(A tender, short cooky)

Yield: 4½ dozen

1½ sticks (¾ cup) Allsweet	2 cups sifted flour
Margarine	1 cup chopped almonds
½ cup sugar	6 ounce package semi-sweet
1 egg	chocolate pieces
1 teaspoon vanilla	

Cream Allsweet and sugar. Add egg and beat well. Add vanilla and flour and mix well. Add almonds and chocolate pieces and stir lightly to combine. Drop by teaspoonfuls onto a cooky sheet. Bake in a moderate oven (375° F.) 8 to 10 minutes.

Food 'n Fun to Entertain, page 21

* Mary Krautter (February 2015)

COCOA COOKIES

4 tablespoons shortening
1 cup sugar
 $\frac{1}{4}$ cup milk
1 egg

2 cups flour
3 teaspoons Dr. Price's Baking Powder
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ cup cocoa

Cream shortening and sugar together; add milk and beaten egg; mix well; sift flour, baking powder, cocoa and salt together and add. Roll out $\frac{1}{4}$ -inch thick on floured board; cut with cookie cutter. Bake in hot oven about 12 minutes.

The New Dr. Price Cook Book, page 20

* Kathy Howard (February 2015)

Coconut Macaroons

1 can Baker's Fresh Grated Coconut
3 whites of eggs

$\frac{1}{2}$ cup coconut milk
1 cup sugar

Put sugar and Coconut Milk into a saucepan, boil until the syrup slightly hardens, when dropped in cold water. Remove from the fire. Mix in the coconut, then gradually add the stiffly beaten whites of eggs. Mix thoroly, and drop with a spoon into small cakes on buttered tins. Bake in a slow oven until brown.

Baker's Coconut Recipes, page 12

* Anna Craft (September 2016)

DARK DOUGH

1 Egg
 $\frac{1}{2}$ cup Brown Sugar
(packed in cup)
 $\frac{2}{3}$ cup Molasses
 $\frac{1}{2}$ cup Shortening,
melted

$3\frac{1}{2}$ cups RED BAND
Flour
1 tsp. Soda
1 tsp. Salt
2 tsp. Cinnamon
1 tsp. Ginger

BEAT EGG WELL. Blend in brown sugar, molasses and melted shortening. *Sift flour once before measuring.* Then sift flour, soda, salt, cinnamon and ginger together, and stir into the molasses mixture. Mix well, and set in refrigerator to chill 1 hour or more.

Roll dough about $\frac{1}{4}$ inch thick on a lightly floured cloth-covered board (the flour rubbed into the cloth keeps dough from sticking). (The different shapes look more attractive when thick and puffy.) Cut into desired shapes, and place on greased heavy baking sheet.

Bake 10 minutes in a quick moderate oven (375°). When cool, ice or decorate as desired.

Christmas in Cookies, page 4

* Callie Coward (September 2015)

DROP COOKIES

- 6 Tablespoonfuls Snow-drift
 $\frac{3}{4}$ Cupful Sugar
1 Egg, Beaten
3 Tablespoonfuls Milk
 $1\frac{1}{2}$ Cupfuls Flour
2 Teaspoonfuls Baking Powder
 $\frac{1}{4}$ Teaspoonful Salt
1 Teaspoonful Desired Flavoring

Combine the ingredients in the order given, beat well, drop by teaspoonfuls on a shallow baking pan, making the cookies two inches apart, and bake them for ten minutes in a hot oven, 375 degrees F.

A New Snowdrift Cook Book, page 44

* Christine Fischer (September 2016)

DROP NUT OR FRUIT COOKIES

Observe the proportions and directions for Drop Cookies, adding a half cupful of chopped nut-meats (any kind) or mixed, chopped, dried fruit, as raisins, currants, candied orange peel, etc.

A New Snowdrift Cook Book, page 44

* Christine Fischer (September 2016)

HONEY PEANUT COOKIES

Temperature: 325° F.

Time: 15 to 20 minutes

- 1 cup butter
 $\frac{1}{2}$ cup honey
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{3}$ cup milk
2 cups flour

- 1 teaspoon soda
1 teaspoon baking powder
2 cups quick-cook oats
1 cup raisins, chopped
1 cup salted peanuts, chopped

Cream the butter, add the honey and brown sugar, then add the rest of the ingredients in the order given. Roll a teaspoon of the dough in the hands, place on an ungreased cookie sheet, flattening a little. Bake in a slow oven (325° F.) for 15 to 20 minutes. This recipe will make from 50 to 60 cookies of delicious flavor.

Peanuts, page 66

* Tim Bucknall (September 2015)

REFRIGERATOR COOKIES

4 cups flour	2 cups dark brown sugar
1 tsp. baking powder	2 eggs, slightly beaten
1 tsp. soda	1 tsp. vanilla
$\frac{1}{2}$ cup butter	1 cup nut meats, chopped
$\frac{1}{2}$ cup shortening (other than butter)	

Sift flour, measure and sift with baking powder and soda. Cream shortening and butter, add sugar gradually, blend well. Add eggs, mix well. Stir in flour and nut meats. Work into two rolls. Wrap in waxed paper and place in refrigerator for several hours or overnight. Slice about $\frac{1}{4}$ inch thick and bake on ungreased cooky sheet in a hot oven (400°) about 8 minutes. Makes 9 dozen cookies.

Kitchen Kapers, page 96

* Carolyn Shankle (September 2015)

SHREDDED WHEAT COOKIES

Cream five tablespoons softened butter, add slowly one cup sugar, then add two egg yolks and beat thoroughly. Add three Shredded Wheat Biscuits rolled fine, one-half teaspoon vanilla, one cup cocoanut or nut meats chopped and one cup flour sifted, with two and one-half teaspoons baking powder. Mix and add two egg whites beaten stiff. Push off the spoon in small lumps and shape gently with the fingers into balls. Bake in a moderate oven or at 350 degrees F.

For All Ages, Shredded Wheat, page 13

* Marilyn Hanichak (September 2016)

Pineapple Cookies

Beat 1 egg, add $\frac{1}{3}$ cup sugar slowly, $\frac{1}{4}$ cup chopped California walnuts, $\frac{1}{2}$ cup thoroughly drained Crushed or Grated Hawaiian Pineapple and $\frac{1}{2}$ cup flour that has been mixed and sifted with $\frac{1}{4}$ teaspoon salt and 2 teaspoons baking powder. Drop by spoonfuls on an inverted greased pan and bake in a moderate oven 20 to 30 minutes.

Ninety-nine Tempting Pineapple Treats, page 28

* Anne Owens (September 2016)

MOLASSES CRINKLES

Crisp when they come from the oven — but after standing a few hours, they develop a chewy texture almost like candy!

½ cup Shortening	¼ tsp. Salt
1 cup brown Sugar (packed in cup)	1 tsp. Soda
1 Egg	½ tsp. Cloves
4 tbsp. Molasses	1 tsp. Cinnamon
2¼ cups sifted RED BAND Flour	1 tsp. Ginger

CREAM SHORTENING, add sugar gradually, and cream thoroughly. Blend in the beaten egg and molasses. Sift together flour, salt, soda, cloves, cinnamon and ginger . . . and stir into creamed mixture. Mix well. Set in refrigerator to chill (1 hour or more).

Shape into balls (size of walnuts), and dip tops in sugar. Place cookies with the sugared side up about 2 inches apart on a heavy greased baking sheet. Sprinkle each cooky with 2 or 3 drops of water. Bake 12 to 15 minutes in a quick moderate oven (375°). Amount: 3 to 4 dozen cookies (depending upon size).

Note: These cookies puff up during the first few minutes of baking . . . then flatten out . . . resulting in a crackled crust.

Cookie Jar Favorites, page 4

* Susan Hendrickson
(February 2015)

Cocoa Marshmallow Gingerbread

¾ cupful shortening	4 tablespoonfuls Hershey's cocoa
1 cupful molasses	1 cupful sour or butter milk
1 cupful brown sugar	2 eggs
1 tablespoonful ground ginger	1 teaspoonful soda
1 teaspoonful cinnamon	3½ cupfuls flour

SIFT flour, soda and spices together, cream shortening, sugar and cocoa, add molasses and well beaten eggs, then flour, alternating with sour milk; beat very hard, pour into shallow, well greased pan, bake in moderate oven forty to forty-five minutes. When finished, place halved marshmallows over the top of the cake, return to oven until they begin to brown slightly. Chopped nut meats may be added to this gingerbread for variety.

A Cookery Expert's New Recipes, page 14

* Katherine Nunnally (September 2016)

CHOCOLATE FUDGE

2 cups granulated sugar
1 cup water
1 cup Eagle Brand Condensed Milk
3 squares unsweetened chocolate
1 cup chopped nuts, if desired

Mix sugar and water in large saucepan and bring to a boil. Add Eagle Brand Condensed Milk and boil over low flame until mixture will form firm ball when tested in cold water (235° F.-240° F.). Stir mixture constantly to prevent burning. Remove

from fire, add chocolate cut in small pieces, and chopped nuts, if desired. Beat until thick and creamy. Pour into buttered pan. When cool, cut in squares.

New Magic in the Kitchen, page 42

* Callie Coward (February 2015)

Bryn Mawr Fudge

$\frac{1}{4}$ lb. marshmallows
 $\frac{1}{2}$ pt. cream
3 tablespoons grated chocolate
1 lb. sugar
1 oz. butter
1 teaspoon vanilla flavoring

Mix the chocolate (cocoa may be used if desired), cream and sugar in a saucepan and bring to a boil, then add the butter. Boil to 240 degrees. Remove from the fire and add the flavoring and the marshmallows, which have been broken into pieces. Beat until thick and pour onto a buttered pan. Cut into squares before it hardens.

The Taylor Home Set, page 43

* Callie Coward (September 2016)

Aloha Penoche

Cook $\frac{1}{2}$ cup brown sugar, 1 cup granulated sugar, $\frac{1}{4}$ cup cream and $\frac{1}{2}$ cup Crushed or Grated Hawaiian Pineapple, until a soft ball forms when a little is dropped in cold water. Remove from the fire, add 1 tablespoon butter and beat until creamy, add $\frac{1}{2}$ teaspoon vanilla and $\frac{1}{2}$ cup California walnuts broken in pieces, pour into a buttered pan and cut into squares.

Ninety-nine Tempting Pineapple Treats, page 29

* Liane Elias (September 2016)

DATE BARS

3 eggs	1 teaspoon Jewel Baking Powder
1 cup sugar	
1 cup flour	1 cup dates, chopped
	$\frac{3}{4}$ cup nuts, chopped

Beat egg yolks until thick; add other ingredients. Beat egg whites until stiff, and fold into mixture. Spread thinly on baking sheet, and bake in moderately hot oven (375°F.) 20 to 25 minutes.

476 Tested Recipes, page 20

* Anne Owens (September 2015)

GINGERSNAP BALLS

$\frac{3}{4}$ cup softened butter	2 teaspoons baking soda
1 cup granulated sugar	1 teaspoon cinnamon
1 egg	1 teaspoon cloves
$\frac{1}{4}$ cup molasses	1 teaspoon ginger
2 $\frac{1}{2}$ cups sifted all-purpose flour	Granulated sugar

Martha Holmes Holiday Recipes, page 11

* Bailey Crumpton
(February 2015)

Cream butter; add sugar; cream again. Beat in egg and molasses; mix well. Sift together flour, soda, cinnamon, cloves and ginger; add to creamed mixture. Shape into 1-inch balls; roll in sugar. Place 1 inch apart on ungreased cooky sheet. Bake in 375° gas oven 12 to 15 minutes. Remove from sheet; cool on rack. Yield: 6 dozen.

Mocha Pudding

- 1 package (3¾ oz.) Jell-O Brand Chocolate Pudding and Pie Filling
- 1 tablespoon Instant Maxwell House Coffee
- 2 cups reconstituted nonfat dry or whole milk

Combine pudding mix with coffee and milk in saucepan. Cook over medium heat, stirring constantly, until pudding comes to a boil. Pudding will thicken as it cools. Makes 4 servings.

Recipes with a Saving Touch, page 14
* Katherine Nunnally (February 2015)

Pineapple Whip

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Chill until ice cold. . .	{ PET MILK	{ ¼ cup	{ ⅓ cup	{ ½ cup
	{ <i>canned CRUSHED PINEAPPLE,* drained</i>	{	{	{
2. Mix	{ MARSH-MALLOWs, cut in small pieces	{ ⅓ cup	{ ⅔ cup	{ 1 cup
	{ SALT	{ 8	{ 16	{ 24
	{ LEMON JUICE	{ few grains	{ ¼ teasp.	{ ¼ teasp.
		{ 2 teasp.	{ 4 teasp.	{ 2 tablesp.

- 3. Chill 1 hour, stirring now and then. Whip chilled milk until stiff with cold rotary beater, or electric beater at high speed. Fold into chilled fruit mixture.
 - 4. Pile into 2 or 4 or 6 dessert dishes. Keep chilled until ready to serve.
- ★Finely cut, cooked or canned apricots, ripe bananas or canned fruit cocktail also can be used.*

Dependable Recipes for Quick, Easy Meals, For 2 or 4 or 6, page 7
* Michelle Courtney (September 2015)

CHERRY CRUMB TARTS

- 1 No. 2 can water pack pitted red cherries
- 1/2 cup granulated sugar
- 2 tablespoons cornstarch
- 1/2 teaspoon salt
- 6 unbaked tart shells
- 1/4 cup brown sugar
- 1/4 cup flour
- 1/2 teaspoon cinnamon
- 3 tablespoons butter

ALWAYS A FAVORITE
Chicken Noodle Soup
Wafers Celery Hearts
Pot Roast of Beef with Vegetables
Baking Powder Biscuits
Plum Preserves
*Cherry Crumb Tarts
Coffee

Drain liquid from the cherries and heat to boiling. Combine the granulated sugar, cornstarch and salt. Sift into the boiling liquid and cook until thick and clear, stirring constantly. Remove from heat, add cherries and pour into the tart shells. Sprinkle with crumb topping made by combining the brown sugar, flour, and cinnamon and cutting in the butter. Bake in a moderately hot oven, 400 degrees, about 25 minutes, or until well browned. Six tarts.

Variation: Canned youngberries, raspberries, blackberries, loganberries, strawberries, huckleberries, blueberries, gooseberries, or boysenberries may be used instead of cherries.

Note: In using syrup packed fruits reduce the granulated sugar to one-fourth cup.

Entertaining from 4 to 25 Guests, page 21

* Mary Krautter (September 2015)

Note: Blueberries were substituted for the cherries

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